

Me and My New World

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Propositions accompanying the dissertation

Me and my New World (MANW)

Using Social-Emotional Learning to promote responsible and healthy behaviors in adolescents' personal relationships in Panama

Ana B. Araúz Ledezma

October 8th, 2020, Maastricht

1. In the absence of Comprehensive Sexuality Education (CSE), Social-Emotional Learning (SEL) could provide an alternative educational strategy to start empowering adolescents towards better decision making in their personal relationships (this dissertation).
2. Scientific evidence on the perceptions and attitudes of multi-stakeholders enhances understanding on the societal barriers towards CSE (this dissertation).
3. A more constructive and positive approach among multi-stakeholders is necessary in Panama to improve the health of adolescents (this dissertation).
4. Understanding multi-stakeholder perceptions of the behavioral and environmental factors that influence adolescent's decision making in personal relationships is crucial in the development of effective interventions.
5. Intervention Mapping can effectively facilitate a systematic process for intervention development, which considers all actors, cultural barriers, gender relations and social norms in Panama (this dissertation).
6. Education remains a fruitful arena to promote behavioral changes regarding gender equality behaviors.
7. Lack of time, capacity needs of teachers, and organizational settings are considered potential barriers for future interventions such as MANW.
8. Cultural transferability of SEL and gender equality programs is only possible when considering contextual beliefs and social norms (this dissertation).
9. A focus on inter- and intrapersonal capacity development could enhance adolescents' knowledge, attitudes, skills, and beliefs towards themselves and their relationships with others (impact).
10. Adolescents' exploration of their own attitudes and beliefs can lead to deeper insights of their own unequal gender behaviors and decisions affecting their lives (impact).
11. Increasing the agency, voice and participation of adolescents is paramount to encourage cultural and contextual changes, and ultimately eradicate structural gender unequal systems.